

PROJECT SCAFFOLD - BEST PRACTICE

(Note: Areas is green for office use only)

Organisation contributing the best practice

Organisation name:		Feedem Group (Pty) Ltd		Best Practice Ref. Nr.		5071-006-036	
Information provided by:		Marnel Coetzee		Date:		14 September 2022	
Contact email:		mcoetzee@feedem.co.za		Role within organisation:		Operational Manager	
Contact number:		082 573 0617					
Stage of BP development:	Submitted		Under Review		Clarification		Legal Review
							Sector Contributions
							Published

BEST PRACTICE

Name of Best Practice	Preventing Dehydration
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1. This proposed best practice is primarily related to (please tick 2 most applicable boxes):

What Customers want or value		Finances / Costs		Business Processes		Staff	x	Systems	
Organisation Structure		Quality of care	x	Care Service Delivery	x	Health & Safety		Morale	
Other: Please indicate									

2. Context: Share information to give more context in relation to where this specific practice is used in your organisation.

Urban		Rural		Number of Social Grant Recipients				
Care centre	x	Independent Living		Assisted Living	x	Nr. of In-house staff		Nr. of Outsourced staff
Nr. of rooms		Nr. of beds						

3. Description of best practice:

3.1 Share as much detail as possible. Where appropriate, please indicate resident participation, involvement, benefit etc.
<p>Dehydration: "Losing too much water from the body as a result of not getting enough to drink."</p> <p>Older people are in increased risk of dehydration of age-related changes. Recommended daily fluid intake for older people is 2L for men and 1.6L for women.</p> <p>Warning signs: Dry mouth, Cracked lips, Sunken eyes, Dark Urine Needs help drinking from a cup or glass Has trouble swallowing liquids Is easily confused / tired</p> <p>Offer more drinks more frequently Offer drinks earlier in the day, including before breakfast Using small cups, glasses or mugs Do not rely on residents asking, but pro-actively offer them Promote the intake of fluid with medication Encourage drinking in a social, pleasant environment Find out residents preferences for drink types Involve all staff, including care staff, cleaning and catering staff</p> <p>If a resident has trouble to swallow liquids use gelatin to set the liquid and serve as a snack</p>
3.2 Why did you develop this best practice? Please describe the challenges, constraints or bottlenecks that led to this.
The important of intake of water is underestimate in care

3.3 Why do you consider this to be a best practice? E.g., Outcomes noted			
Benefit of hydration care <ul style="list-style-type: none"> • Strengthen the immune system • Improve quality of life • Cost effective 			
3.4 Do you consider this to be compliant with the current Older Persons Act?			
Yes		No	
If Yes, which portions does it comply with?		If No, which portions does it not comply with?	
I do not know			
3.5 How long has this practice been used within the organisation? (state period in years)			
3.6 What are essential aspects in the organisation that directly support / maintain this practice?			
Training / Awareness / Working with care staff			
3.7 What are the benefits for your residents and/or staff and other stakeholders?			
Better quality of life			
3.8 What lessons were learned?			



{ nartjie gekeurde ystee-blokkies



4 sakkies Freshpak nartjie-geur
rooibostee
5 koppies kookwater
2 eetlepels heuning
5 sakkies versoeter (equisweet)
5 eetlepels gelatien
Plaas tee sakkies in kookwater en brou vir
4 minute. Waag om nie te lank te laat staan
nie anders word dit bitter. Verwyder
teesakkies en voeg, heuning, versoeter en
gelatien by. Roer tot gelatien opgelos is
en gooi in pan om te stol.
Lewer 60 blokkies



{ waartlemoen & ment ystee-blokkies



4 sakkies Freshpak Waartlemoen en
kruisement rooibostee
5 koppies kookwater
2 eetlepels heuning
5 sakkies versoeter (equisweet)
5 eetlepels gelatien
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Lewer 60 blokkies.



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feedem
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